

French Onion Pot Roast

Deborah Linder

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*2 1/2 pounds chuck roast
1 teaspoon salt
dash pepper
3 large cloves garlic,
pressed
2 large yellow onions, sliced*

Preheat the oven to 350 degrees.

Rub salt, pepper and garlic onto all sides of the roast.

Place the roast in a Dutch oven. Cover with onions. Cover the pan and place in oven.

Bake for one hour.

Remove the cover. Bake for one more hour.

Per Serving (excluding unknown items): 2460 Calories; 177g Fat (66.2% calories from fat); 182g Protein; 22g Carbohydrate; 4g Dietary Fiber; 656mg Cholesterol; 2709mg Sodium. Exchanges: 26 Lean Meat; 4 Vegetable; 19 Fat.